

Allergy Q & A



- 1) **What can you do if you are sensitive to pollen?** Wash your hair before you go to bed. Washing your hair before bedtime helps eliminate the pollen from your hair. The result: pollen will not be able to settle on pillows and bedding. Also, avoid common irritants such as tobacco smoke, perfume, hair spray, etc. Wash your hands frequently, and plan outdoor activities for times when pollen counts are low.
- 2) **When should you take an antihistamine?** The best time to take an antihistamine is *before* your symptoms start. If your antihistamines are making you drowsy, speak with your health care provider about antihistamines that cause less drowsiness.
- 3) **How do you eliminate dust mites from area rugs?** Dust mites are notorious for making a home in area rugs and then causing sneezing and itching. Australian researchers found a simple solution by placing rugs in outdoors in direct sunlight for a few hours until they become dry and warm. The mites will dry up and die.
- 4) **Should you move to another region to relieve allergies?** Moving to another location does not promise allergy relief. People adapt to their new region's pollens and molds and usually develop allergies within a few years of relocating. In addition, most allergy inducing grasses are spread throughout the world.
- 5) **Do you have a food allergy?** Up to 20% of Americans believe they have a food allergy. However, true food allergies are very rare. What most people perceive as "food allergies" are usually signs of stress, food poisoning, or digestive issues.